

Increasing Recognition of FAST Symptoms in Stroke Patients

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Increasing Recognition of FAST Symptoms in Stroke Patients

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Background

- Risk Factors: Hypertension, Smoking, Diabetes, High Cholesterol, artery disease, illegal drug use, age, gender, race, and previous history (American Stroke Assoc., 2017)
- 3rd leading cause of death and by 2020 will be the leading cause of death (Jones, Jenkinson, Leathley, Watkins, 2010)
- Ischemic vs. Hemorrhagic, stroke symptoms: FAST (Musuka, Wilton, Traboulsi, Hill, 2015)

PICO

P: Unlicensed registration personnel, 30 staff

I: Educate 30 registration staff

C: No education for 30 registration staff

O: Knowledge of stroke symptoms pre and post-education

Evidence

Article 1: A Time series evaluation of the FAST National Stroke Awareness Campaign in England

- Administering rapid thrombolytic within 4.5 hours for ischemic stroke, improves prognosis
- FAST mnemonic created to identify stroke symptoms quickly
- Within 1st year, had 55% increase in emergency calls

Article 2: Stroke knowledge and awareness: An integrative review of the evidence

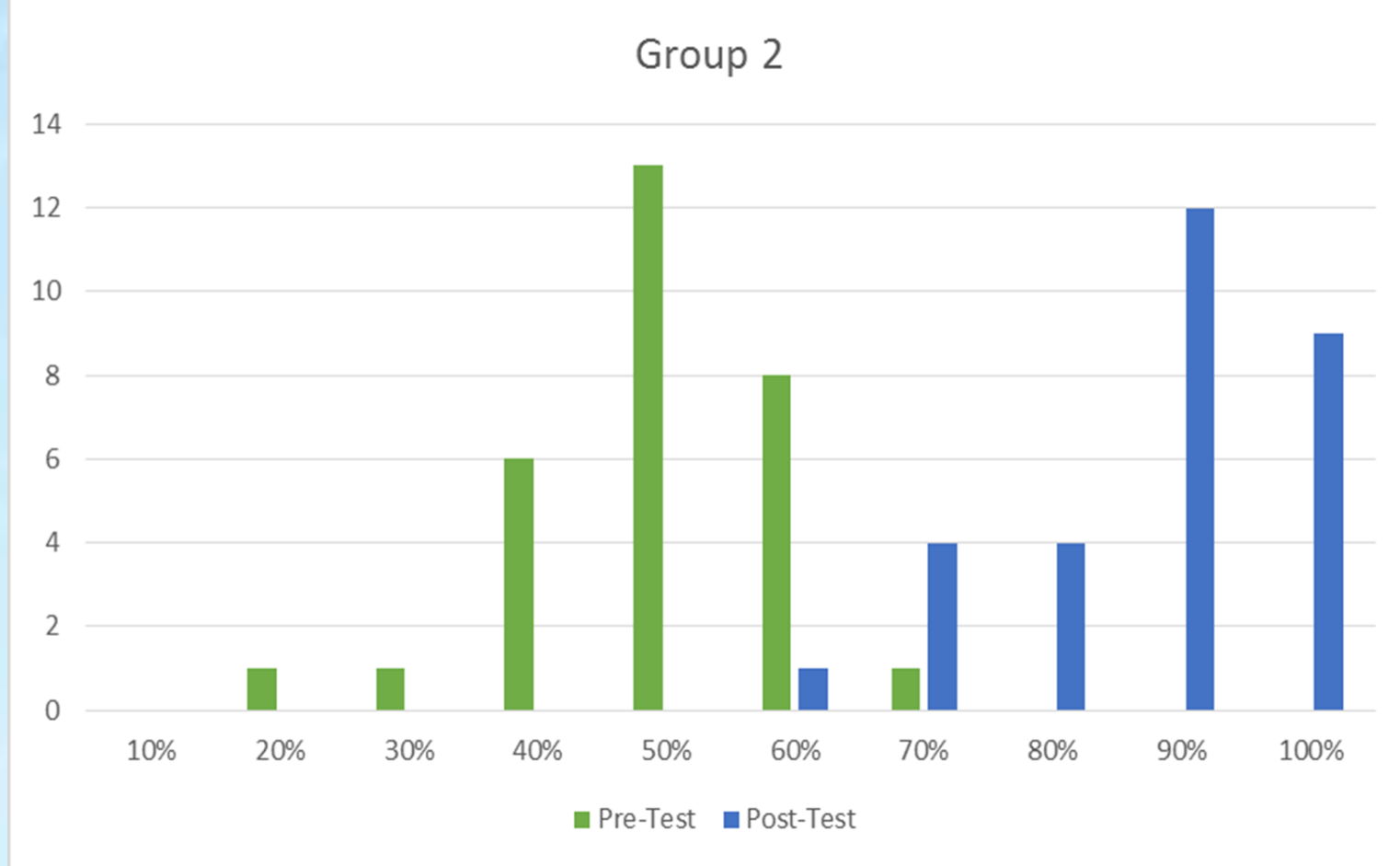
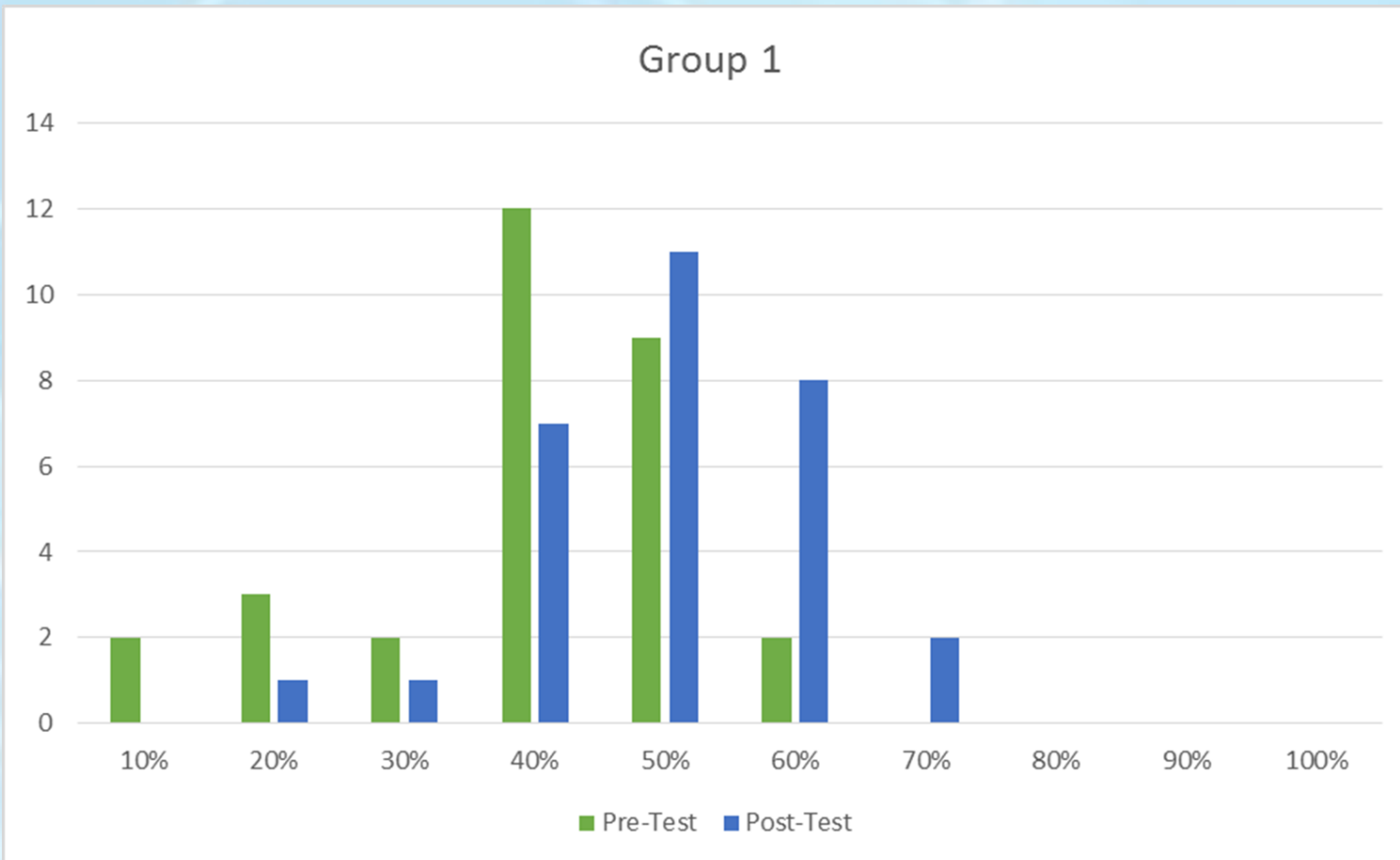
- One study concluded that only 38% of the public could list one or more stroke symptoms when asked as an open ended question
- In one study of those who have had a stroke, only 18% called EMS, whereas 80% called their PCP.

Article 3: Diagnosis and management of acute ischemic stroke: Speed is critical

- Most important to characterize stroke is the sudden onset, with symptoms peaking within a few minutes
- Symptoms depend on region of brain affected but can have other symptoms including diplopia, decreased consciousness, incoordination, dysphagia, headache

Outcomes

- There was a significant increase in test scores in group two, following education. The greatest pre-test scores for this group were between 40% and 60%, with 27 people falling in this range. The greatest post-test scores were 90 to 100%, with 21 people scoring in this range.
- Group one did not have education. Little change between pre-test and post-test. scores were noted. Most people hovered between 40 and 60 percent for both tests.



Stroke Recognition: Test of Knowledge

Fill in the mnemonic for FAST:

F
A
S
T

Select 3 that apply for risk factors for a stroke: (circle 3)

a. Exercise
b. Smoking
c. High blood pressure
d. Ear infection
e. Thyroid disease
f. History of a stroke

Are there 2 types of stroke? (circle one)

True
False

Time frame for stroke treatment _____ hours (fill in blank)

Strokes only happen in adults. (circle one)

True
False

Test score: _____

Implementation

- We administered a test to two groups of non-licensed personnel, with each group containing 30 people.
- Each test consisted of 5 questions, 10 points total.
- Group two was then provided education on strokes and recognizing the symptoms, while group one did not.
- Same test as pre-test was given to both groups to determine if educating non-licensed personnel showed increasing test scores.

Next Steps

- Supply non-licensed personnel with FAST badge cards
- FAST posters in areas of ED
- Implement TLC module for non-licensed personnel

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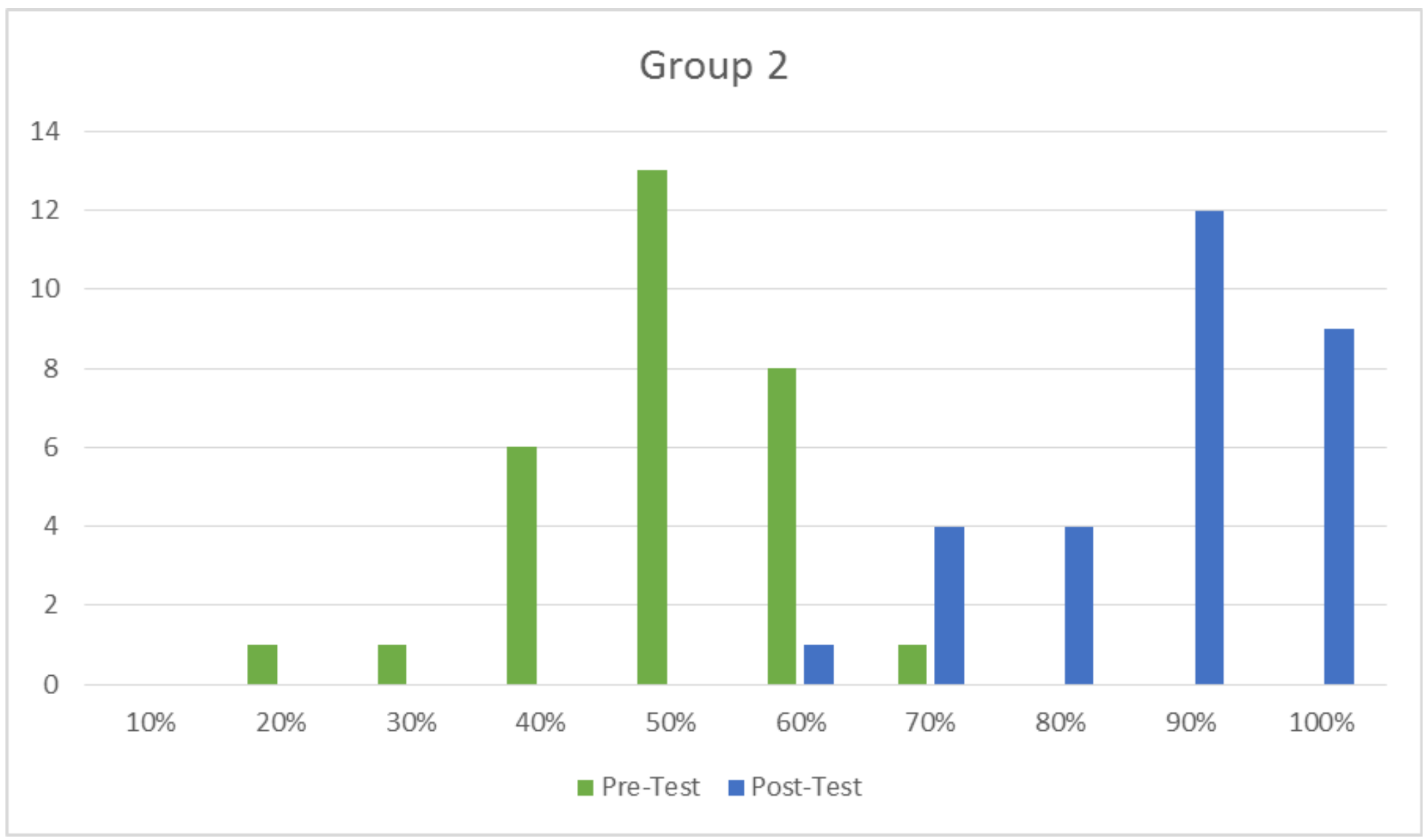
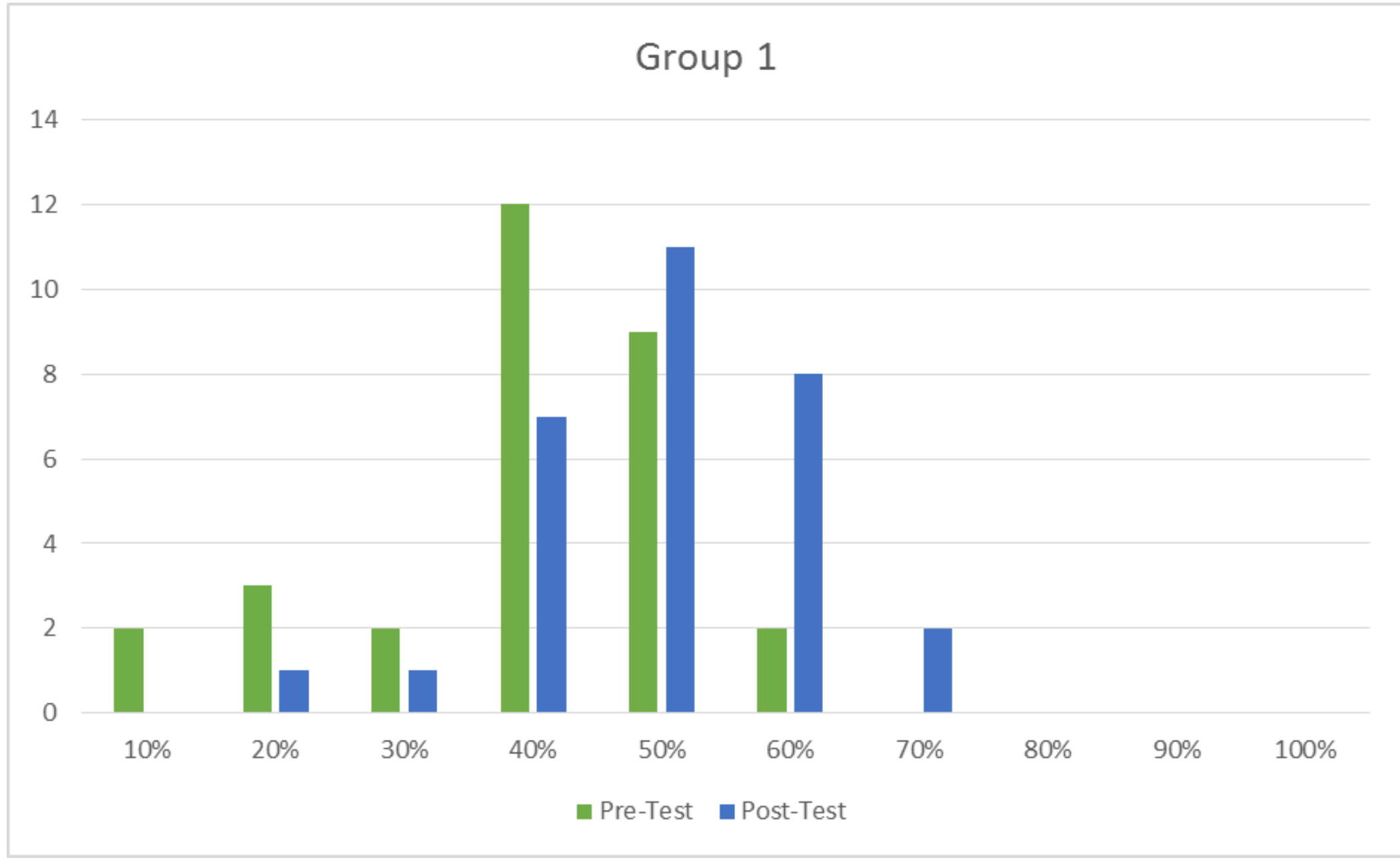
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F.A.S.T. is how we come together to end stroke®

Learn the stroke warnings signs

F.A.S.T.

Face Drooping

Arm
Weakness

Speech Difficulty

Time to
Call 911

Every 40 seconds, someone in the U.S. has a stroke.

It could happen on your street, in your workplace, at a store where you shop — anywhere. Your readiness to spot the stroke warning signs and call 911 could save a life or make the difference between a full recovery and long-term disability. That's why it's so important to learn the stroke warning signs and urge everyone you know to do the same.

e. The faster stroke is treated, the more likely the patient is to recover.

In fact, stroke patients who are treated with the clot-busting drug IV r-tPA Alteplase within 90 minutes of their first symptoms were almost three times more likely to recover with little or no disability.

In some cases, a procedure to remove the clot causing the stroke is also recommended. Ninety-one percent of stroke patients who were treated with a stent retriever within 150 minutes of first symptoms recovered with little or no disability.

The thing to remember is that stroke is largely treatable. It's a matter of getting the right treatment, right away.

StrokeAssociation.org